Top Vibe

ONLINE Magazine

ISSUE 123- 2019



Celebrate Women's Day
9 August 2019

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Editors Note



Editor's picture: Charmaine Britz
Photographer: Charmaine Janse van Rensburg

Letter to all the ladies,

I would like to take the time to salute all women out there. What a privilege to be a woman, we as women need to unite and make a difference in the world.

I would like to thank the special women who is part of my life, you know who you are.
Especially my dear mother, sad to say who is no longer with us, she past away in 2006.
She was my rock my everything she will always be my Queen.

I was very blessed in my life with wonderful women, who wondered thru my life. Some faded with time and some stood out.
I'm thankful for each and every one because I learned from them and I treasure them. Those who are very special to me is in my hart where they will remain for eternity.

Have fun on women's day! Spoil yourself and take 30 minutes each day for yourself.
You owe it to yourself.

The society is very selfish, and if you are not in control of your life it will become a nightmare.
Trust me, nobody out there will go out of there way to walk the extra mile for you. But only a dear true friend will walk with you every step of the way.
Treasure those how care for you and those who do not treasure you get them out of you life.

Take control of your life, do the things that make you happy. Don't become someone's slave.

To all the ladies this is a message for YOU.

Heavy is the crown and yet, she wears it as if it were a feather.
There is strength in her heart, determination in her soul.
She is YOU. - A Warrior. - A Champion. - A Fighter. - A QUEEN.

May God bless you
Take care untill next month.

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Top Vibe Magazine

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Women's Health

9 August, we celebrate Women's Day in South Africa

We've put together a list of must-read articles in celebration of South African Women's Day – so go on, take the plunge and empower yourself:

Facts about menstruation you might not know

1.Did you know that you will have about 400 periods during your lifetime? Don't shy away from your cycle – own it! Our bodies are fascinating, and menstruation is not something ever to be embarrassed about.

2. Your severe symptoms might not be PMS

Always blaming your bad mood and cramps on PMS? Too scared to discuss the problem with your doctor in case it's not "serious" enough? Know that there is help (and probably a cause) when your symptoms are severe.

A condition called PMDD (premenstrual dysphoric disorder) affects between 2% and 5% of women. Extreme mood swings and depression can affect the quality of your life – get to grips with your symptoms and get diagnosed.

3. Ways to feel better about yourself in 2019

Although we are already more than halfway through the year, it's never too late to develop a healthy body image. Stop beating yourself up! Have you ever considered being kind to yourself instead? It could have a profound effect on your health.

4. Breaking the stigma: Mental health in the workplace.

Mental health is a topic of great importance. Your mental health is just as important as your physical health. It is often frowned upon for women to "show emotions" in the workplace, but we need to be more in touch with mental health all around us. This article contains valuable information.

5. Sexual health myths

Let's openly talk about sex – because there are many untrue rumours about sexual health and sexually transmitted infections (STIs). Take responsibility for your sexual freedom and health by separating the facts from the fallacies.

6. Things you want to know about eating disorders by a psychologist

Are you a mother raising a teenager? Have you suffered or are you suffering from an eating disorder? Do you feel pressure from society, telling you that your body is not "healthy" enough?

Empower yourself and know the signs. Read what a clinical psychologist can tell you about eating disorders.

7. Limpopo shelter gives hope to abused women

Abuse towards women, whether in the form of domestic violence or sexual misconduct, remains a problem in in South Africa. Fortunately there are those who aim to make a difference. This empowering story is about how the Ekuphumleni Restoration Home offers hope and second chances to women who are victims of sexual abuse, domestic abuse, rape, human trafficking and incest.



Healthy habits are the best way to avoid disease, prolong your life, and live more happily. But in the chaos of a woman's daily life, healthy living may take back seat to chores, work, busy schedules, and more. Take these simple steps toward a longer, healthier life.

Get moving
Heart disease is the leading cause of death for American women. In the United States, 1 in 4 womenTrusted Source dies from heart disease. Exercise is one of the best ways to prevent heart disease and keep your ticker strong. It's also beneficial for your mental and bone health.

Aim for 30 minutes of movement at least four days per week. Aerobic, or cardio, exercise is best. This includes:

walking, jogging, dancing, swimming
Mix routines up and keep your exercise plans exciting by trying different activities. Invite a friend to join you for accountability and encouragement.

Cardio alone isn't enough for optimal health and fitness. You should combine it with some type of strength training. Strength training builds muscle, boosts metabolism, and helps you maintain stronger bones. This is especially important in postmenopausal women.

Start today with these toning workouts for women.

Eat a balanced diet
A nourishing diet is the foundation of a healthy lifestyle. Beyond weight loss and maintenance, eating a balanced diet is crucial to a woman's overall health. Good foods provide vitamins, minerals, and nutrients that are important for growth, well-being, and development.

Eating a balanced diet starts with avoiding unhealthy foods. Packaged and processed foods are often full of sugar, salt, unhealthy fats, and calories. Avoid the fake stuff, and opt for the good stuff, such as:

fresh fruits and vegetables, whole grains, fiber-rich foods such as beans and leafy greens, fresh fish
lean cuts of meat and poultry, healthy fats such as nuts, seeds, and olive oil, low-fat dairy.

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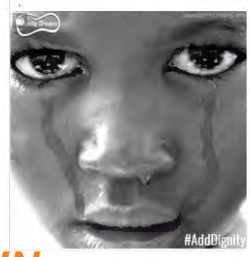
With the crowning of 2014 winner the beautiful Janet Potgieter, came new opportunities, dynamics and movement to give dignity back. “Think about what you will say to someone if you can’t give then hope.” The truth behind these came back to haunt Janet when she stood between 42 000 people in Bulengo Displacement Camp in North - Kivu in the Eastern Democratic Republic of the Congo, a mere 6 weeks after won this prestigious title.

Meeting extraordinary women in horrific circumstances, she learnt that you CAN GIVE SOMEONE AT LEAST THEIR DIGNITY BACK.

Let’s stand together and get INVOLVED in making a difference in someone’s life and give back their dignity. By donating you can keep a girl child in school during menstrual cycles for up to 4 years.

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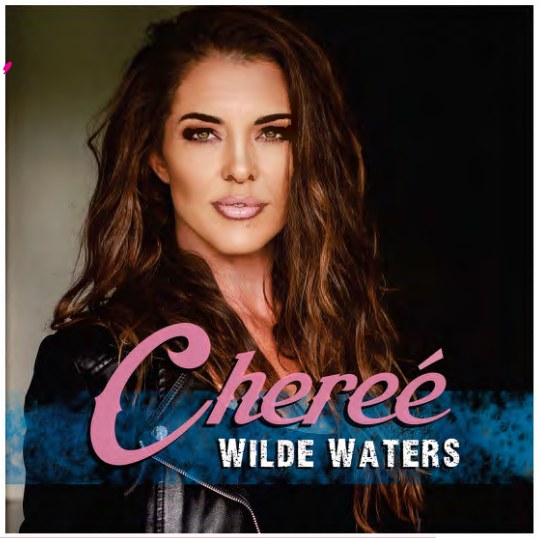
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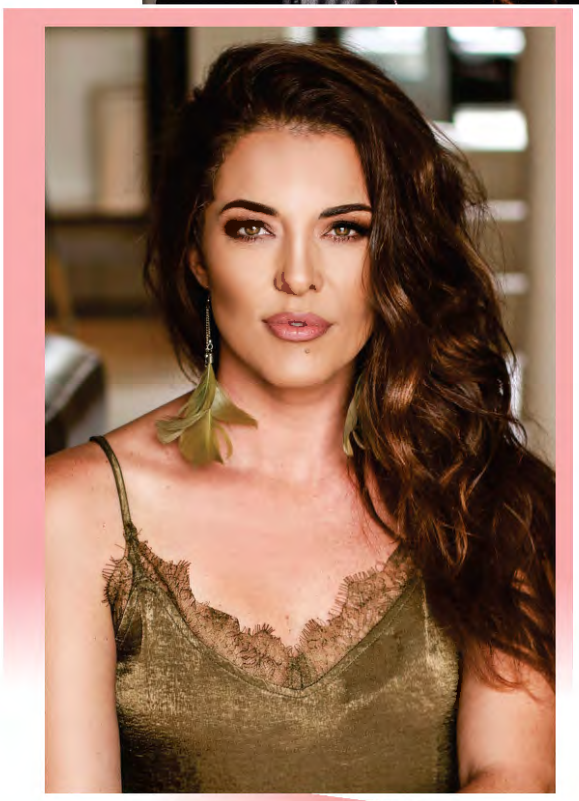
Geliefde SA Country - sangeres, Chereè, se nuwe album is hier!!



Nadat sy vir amper tien jaar tjoepstil was, is Suid-Afrika se goue Country-ster, Cheree, uiteindelik terug met haar lankverwagte album, WILDE WATERS, wat nie net die wag werd was nie, maar ook beloof om haar vorige suksesse te oortref.

Die album het pas die rak getref en die eerste enkelsnit, *Praat,* kan reeds op talle radiostasies landwyd gehoor word. Alhoewel *WILDE WATERS* hoofsaaklik 'n Country -aanslag het, is daar verskeie popliedjies ingesluit om iets vir elke oor en smaak te bied.

Die album bestaan uit 13 snitte (Chereè is darem nie bygelowig en meen dat dertien haar gelukkige nommer is), wat deur die kunstenaar self, asook ander gesoute liedjieskrywers soos Rudi Claase, Vaughan Gardiner, Hugo Ludik, Michael Lindt, Tony Ridgway en Roux Cloete, geskep is.



Chereè en haar span het hulle tyd gevat om die finale produk aanmekaar te sit. *"Ons het vyf van die liedjies laasjaar opgemeen, maar besluit om vir die regte snitte te wag om die album te voltooi, eerder as om dit af te jaag. As gevolg daarvan , het alles perfek in plek geval,"* verklap sy.

Alhoewel Chereè se gunsteling- liedjie Praat is, meen sy dat twee ander snitte haar ook na aan die hart lê - *Gypsies van die Kaap,* wat deur haar beste vriend geskryf is, en *Uit die Blou* wat deur Vaughan en Nerine Gardiner en Hugo Ludik geskep is.

Die album sluit verder ook 'n duet met haar man, Wynand Strydom, in. Die paartjie is in 2010 getroud. *"Hierdie hart van my" is deur 'n goeie vriend Toney Ridgway, geskryf. Dit beskryf presies hoe ons oor mekaar voel, want my hart sal altyd Wynand s'n wees. Ek dink ons aanhangers gaan mal wees daaroor."*

Omdat dit 'n rukkie is sedert sy laas 'n album uitgebring het, is die sukses van die een vir Chereè baie belangrik. *"Ek het groot geword. Ek weet wat ek wil hê en ek wil hê dat my musiek dit moet weergee. So, ek het besluit dat ek self moes aanklank vind by elke liedjie op die album, want ek glo dat dit die enigste manier is om luisteraars se harte te wen."*



Volg haar op sosialemedia:

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Menopause: 11 Things Every Woman Should Know

Hot flash prevention:
Avoid triggers like spicy foods, caffeine, or alcohol. Smoking may also make hot flashes worse.

Dress in layers.
Use a fan at work or in your home to help cool you down. Talk to your doctor about medications that may help reduce your hot flash symptoms.

What's menopause?
Women past a certain age will experience menopause. Menopause is defined as having no menstrual period for one year. The age you experience it can vary, but it typically occurs in your late 40s or early 50s.

Menopause can cause many changes in your body. The symptoms are the result of a decreased production of estrogen and progesterone in your ovaries. Symptoms may include hot flashes, weight gain, or vaginal dryness. Vaginal atrophy contributes to vagina dryness. With this, there can be inflammation and thinning of the vaginal tissues which adds to uncomfortable intercourse.

Menopause can also increase your risk for certain conditions like osteoporosis. You may find that getting through menopause requires little medical attention. Or you may decide you need to discuss symptoms and treatment options with a doctor.

Keep reading to learn about the 11 things every woman should know about menopause.

1. What age will I be when I go through menopause?
The average age for onset of menopause is 51. The majority of women stop having periods somewhere between ages 45 to 55. The beginning stages of declining ovary function can start years before that in some women. Others will continue to have menstrual periods into their late 50s.

The age of menopause is thought-Trusted Source to be genetically determined, but things such as smoking or chemotherapy can accelerate ovary decline, resulting in earlier menopause.

2. What's the difference between peri-menopause and menopause?
Peri-menopause refers to the period of time right before menopause begins.

During peri-menopause, your body is beginning the transition into menopause. That means that hormone production from your ovaries is beginning to decline. You may begin to experience some symptoms commonly associated with menopause, like hot flashes. Your menstrual cycle may become irregular, but it won't cease during the peri-menopause stage.

Once you completely stop having a menstrual cycle for 12 consecutive months, you've entered menopause.

3. What symptoms are caused by the reduced levels of estrogen in my body?



About 75 percent of women experience hot flashes during menopause, making them the most common symptom experienced by menopausal women. Hot flashes can occur during the day or at night. Some women may also experience muscle and joint pain, known as arthralgia, or mood swings.

It may be difficult to determine whether these symptoms are caused by shifts in your hormones, life circumstances, or the aging process itself.

4. When do I know that I'm having a hot flash?
During a hot flash, you'll likely feel your body temperature rise. Hot flashes affect the top half of your body, and your skin may even turn red in color or become blotchy. This rush of heat could lead to sweating, heart palpitations, and feelings of dizziness. After the hot flash, you may feel cold.

Hot flashes may come on daily or even multiple times a day. You may experience them over the course of a year or even several years.

Avoiding triggers may reduce the number of hot flashes you experience. These can include:

consuming alcohol or caffeine
eating spicy food
feeling stressed
being somewhere hot
Being overweight and smoking may also make hot flashes worse.

A few techniques may help reduce your hot flashes and their symptoms:

Dress in layers to help with hot flashes, and use a fan in your home or office space.
Do breathing exercises during a hot flash to try to minimize it.
Medications such as birth control pills, hormone therapy, or even other prescriptions may help you reduce hot flashes. See your doctor if you're having difficulty managing hot flashes on your own.

5. How does menopause affect my bone health?
The decline in estrogen production can affect the amount of calcium in your bones. This can cause significant decreases in bone density, leading to a condition known as osteoporosis. It can also make you more susceptible to hip, spine, and other bone fractures. Many women experience accelerated bone loss the first few years after their last menstrual period.

To keep your bones healthy: page 10

Eat foods with lots of calcium, such as dairy products or dark leafy greens.
Take vitamin D supplements.
Exercise regularly and include weight training in your exercise routine.
Reduce alcohol consumption.
Avoid smoking.
There are prescription medications you may want to discuss with your doctor to prevent bone loss as well.

6. Is heart disease linked to menopause?
Conditions related to your heart may arise during menopause, such as dizziness or cardiac palpitations. Decreased estrogen levels can prevent your body from retaining flexible arteries. This can impact blood flow.

Watching your weight, eating a healthy and balanced diet, exercising, and not smoking can reduce your chances of developing heart conditions.

7. Will I gain weight when I experience menopause?
Changes in your hormone levels may cause you to gain weight. However, aging can also contribute to weight gain.

Focus on maintaining a balanced diet, exercising regularly, and practicing other healthy habits to help control your weight. Being overweight can increase your risk for heart disease, diabetes, and other conditions.

Weight management
Focus on a healthy lifestyle to manage your weight.
Eat a well-rounded diet that includes increasing calcium and reducing sugar intake.
Engage in 150 minutes a week of moderate exercise, or 75 minutes a week of more intense exercise, such as running.
Don't forget to include strength exercises in your routine as well.
8. Will I experience the same symptoms as my mother, sister, or friends?
The symptoms of menopause vary from one woman to another, even in the same families. The age and rate of decline of ovary function differ tremendously. This means you'll need to manage your menopause individually. What worked for your mother or best friend may not work for you.

Talk to your doctor if you have any questions about menopause. They can help you understand your symptoms and find ways to manage them that work with your lifestyle.

9. How will I know if I'm going through menopause if I've had a hysterectomy?
If your uterus was surgically removed through a hysterectomy, you may not know you're going through menopause unless you experience hot flashes.

This can also happen if you've had an endometrial ablation and your ovaries weren't removed. Endometrial ablation is the removal of the lining of your uterus as treatment for heavy menstruation.

If you aren't having any symptoms, a blood test can determine if your ovaries are still functioning. This test can be used to help doctors find out your estrogen level, which may be beneficial if you're at risk of osteoporosis. That's because knowing your estrogen status may be

10. Is hormone replacement a safe option for management of menopausal problems?
Several hormone therapies are FDA-approved for treatment of hot flashes and prevention of bone loss. The benefits and risks vary depending on the severity of your hot flashes and bone loss, and your health. These therapies may not be right for you. Talk to your doctor before trying any hormone therapies.

11. Are there non-hormonal options for the management of menopausal symptoms?
Hormone therapy may not be the right choice for you. Some medical conditions may prevent you from safely being able to use hormone therapy or you may choose not to use that form of treatment for your own personal reasons. Changes to your lifestyle may help you relieve many of your symptoms without need for hormonal intervention.

Lifestyle changes may include:

weight loss
exercise
room temperature reductions
avoidance of foods that aggravate symptoms
dressing in light cotton clothing and wearing layers
Other treatments such as herbal therapies, self-hypnosis, acupuncture, certain low-dose antidepressants, and other medications may be helpful in decreasing hot flashes.

Several FDA-approved medications can be used for prevention of bone loss. These may include:

bisphosphonates, such as risedronate (Actonel, Atelvia) and zoledronic acid (Reclast)
selective estrogen receptor modulators like raloxifene (Evista)
calcitonin (Fortical, Miacalcin)
denosumab (Prolia, Xgeva)
parathyroid hormone, such as teriparatide (Forteo)
certain estrogen products
You may find over-the-counter lubricants, estrogen creams, or other products help with vaginal dryness.

Shop for vaginal lubricants.
The takeaway
Menopause is a natural part of a woman's life cycle. It's a time when your estrogen and progesterone levels decrease. Following menopause, your risk for certain conditions like osteoporosis or cardiovascular disease may increase.

To manage your symptoms, maintain a healthy diet and get plenty of exercise to avoid unnecessary weight gain.

You should contact your doctor if you experience adverse symptoms that affect your ability to function, or if you notice anything unusual that might require a closer look. There are plenty of treatment options to help with symptoms like hot flashes.

Check in with your doctor during regular gynecological exams as you experience menopause.

Hope we could have helped you with this and that you know now more about your body and menopause.
Stay healthy

5 Fun Facts About Cupcakes

By Mackenzie Fraser on Jun 8, 2018

Apparently 770,000,000 cupcakes were eaten in the US in 2012. That same year, Sprinkles Bakery, the world's first cupcake-only bakery from Beverly Hills, developed a hole in a wall ATM that dispenses cupcakes 24 hours a day. It holds up to 600 fresh cupcakes at a time! Cupcakes have swept the culinary world in the last few years, and it's no wonder why! With cupcake flavors ranging from the classic (vanilla), to deliciously sweet (caramel apple), to oddly savory (jalapeño cheddar), there is a cupcake for everyone!

Here are 5 fun facts about cupcakes that will sweeten your day:

A cup of cake.

The term 'cupcake' was originally used in the late 19th century for cakes made from ingredients measured by the cupful. The traditional pound cake recipe was easy to remember for its pound of butter, pound of sugar, pound of flour, and pound of eggs. Likewise, the name "cupcake" comes from how recipe was measured: 1 cup butter, 2 cups sugar, 3 cups flour, and 4 eggs.
Early cupcakes were baked in teacups or ramekins (small clay pots) before the invention of the multi-cup pans we use today. Hence, a cup of cake!

Here comes the...cupcake?

Apparently 13% of brides decide to serve cupcakes at their wedding as opposed to the traditional wedding cake. Cupcake flavors are basically only limited by your imagination, so why settle for just one type of cupcake for your reception?! Cupcakes can be decorated just as elegantly as any wedding cake, or they can be more casual for an easy breezy wedding. Check out this Pinterest board of wedding cupcakes for some inspiration!



What's in a name?

In Britain cupcakes are called fairy cakes. Fairy cakes use a lighter glacé icing compared to the butter cream used by American bakers. They also are traditionally made with a lighter sponge cake as opposed to the thicker butter cakes used in our cupcakes. Alternatively, a fairy cake is a type of cupcake with its top cut off and replaced in two pieces, like wings. These are also called "butterfly cupcakes."
In Australia they are called patty cakes (as in "patty cake, patty cake, baker's man…").

The Hostess with the mostess cupcakes.

Hostess CupCakes, arguably the world's most famous cupcake, were originally made in the 1950s. Instead of making full-sized cakes, the company decided to make cupcakes because they take less time to bake than cakes. Less time baking (17 minutes) means more cupcakes can be made in a single day! The Hostess conveyor oven can turn out 11,000 cupcakes an hour! As of 2011, Hostess sells over 600 million CupCakes each year.

The world's largest cupcake.

On August 15, 2009 GourmetGiftBaskets.com broke the world record for largest cupcake ever made. The cupcake was 1,224 pounds, 4 foot tall by 10 foot wideclip_image001, and had 2 million calories. No, we don't sell anything that big on our Baked Goods page, but just imagine the shipping cost.

Trust that you have enjoyed the facts about cupcakes



Top Vibe Magazine &

SK GREAT MOMENTS AT THEIR GREATEST VAALMALL

Movie Review



ALADDIN

★★★★

Genre: Action & Adventure, Kids & Family, Science Fiction & Fantasy

Directed By: Guy Ritchie

Written By: John August, Guy Ritchie.

Our Rating: ★★★★

The scimitars are out for Disney's live-action Aladdin, what with the enduring fondness for the original (not least Robin Williams' Genie) and the botched unveiling of Will Smith as his successor in an early trailer that presented him as a creepy, half-naked blue guy from the uncanny valley. Director and co-writer Guy Ritchie is hardly a seal of quality these days, either, following flops The Man from UNCLE and King Arthur: Legend of the Sword. But sheathe your weapons because this new Aladdin is actually great fun. It is far from perfect, but where many recent fantasias have crumpled under the weight of their special effects (Tim Burton's Dumbo, for one), this one really takes flight. It is lively, colourful and genuinely funny, and doesn't break what didn't need fixing about the original. As one character remarks of Aladdin's early attempts at romance: it's "clumsy but in a charming sort of way".

Any Hollywood movie set in a fantasy Arab kingdom is going to have its issues, but Disney has sought to avoid the ethnic stereotyping that marred its 1992 animation. For starters, the cast are brown-skinned actors (all the voice actors in the original were white). Egyptian-Canadian Mena Massoud brings the requisite roguish charm to Aladdin himself, the street rat with a heart of gold, Princess Jasmine is played by Naomi Scott, a British actor of Indian descent, and Dutch-Tunisian Marwan Kenzari is the villain Jafar. There's also a European prince, played by Billy Magnussen, who's treated more like a recurring gag.

Don't miss out on this amazing movie, take the family with and please pop us a mail with your rating.
e- mail admin@topvibe.co.za

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